



Division of
Mental Health
and Addictions.

Logansport State Hospital

The Spectrum

National Doctors Day

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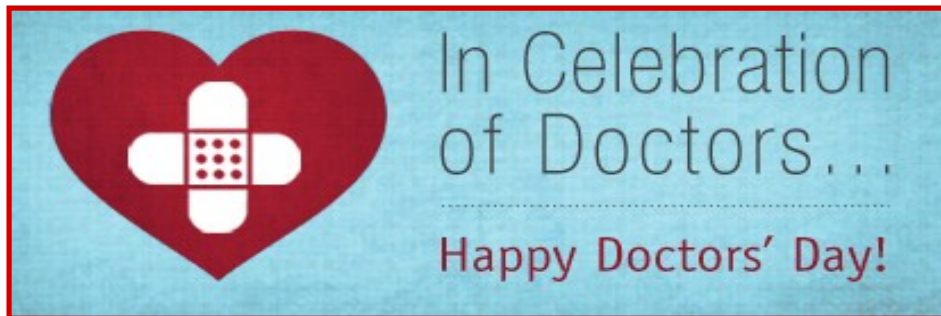
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Doctors' Day observances date back to **March 30, 1933**. It was started by Eudora Brown Almond of Winder, Ga. The day marks the anniversary of the first use of general anesthesia in surgery. **National Doctors' Day** was created to recognize physicians, their work, and their contributions to society and the community.

We have an outstanding team of doctors at Logansport State Hospital (see Cover page and picture below where Medical Director, Dr. Danny Meadows (L) is presented a certificate of appreciation from Superintendent, Rob Clover), and I am grateful for their dedication to the treatment and recovery of our patients. As we celebrate National Doctors' Day on March 30, 2015, I hope you will take a moment to join me in honoring the valuable work our doctors do every day.

Sincerely,

Robert E. Clover,
Superintendent

Thank You!



Danny Meadows, MD, Medical Director
 Maria Becker, Ph.D., HSPP/Psychologist
 Gregory Bell, DDS, Dental Services
 Peter Burns, MD, Psychiatrist
 Robert Connell, Psy.D., Psychology Director
 Chad Davis, DNP, Nurse Practitioner
 Thomas Kerr, FNP, Nurse Practitioner
 Robert McDaniel, MD, Psychiatrist
 Douglas Morris, MD., Psychiatrist
 John Stewart, MD, Psychiatrist

SPECTRUM

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The red carnation is commonly used as the symbolic flower for National Doctors' Day. National Doctors' Day is celebrated each year on March 30th. We are very proud of our “team” of physicians, nurse practitioners, and psychologists at Logansport State Hospital. We express our gratitude and appreciation to them as we recognize the special care and dedication they extend to our patients on a daily basis. A huge “THANK YOU” to our wonderful team:

Danny Meadows, MD, Medical Director
Gregory Bell, DDS, Dental Services/Allied Health
Peter Burns, MD, Psychiatrist/Larson
Chad Davis, DNP, Nurse Practitioner/Isaac Ray
Thomas Kerr, FNP, Nurse Practitioner/Larson
Robert McDaniel, MD, Psychiatrist/Isaac Ray
Douglas Morris, MD., Psychiatrist/Isaac Ray
John Stewart, MD, Psychiatrist/Isaac Ray
Robert Connell, Psy.D., Psychology Director
Maria Becker, Ph.D., HSPP/Psychologist/Larson

Carolyn Murray
Medical Director's Office



Medical Director, Dr. Meadows (L)
and Medical Director Secretary,
Carolyn Murray (R).

National Social Work Month

Social Work Paves the Way for Change

Social Work is a profession of hope. Social Workers are tireless advocates for individuals struggling with a number of issues. There are more than 650,000 of these highly trained professionals in the United States who know how to empower individuals facing overwhelming circumstances. They also witness the determination of individuals overcoming these barriers. At times, social workers are an immediate lifeline in crisis, providing encouragement and tools to identify new life options. Those served reach for what is possible rather than simply accepting what the current situation may be. Professional social workers help combine client strengths with effective strategies. At Logansport State Hospital, we are grateful for our outstanding Social Work team working daily to assist our clients toward recovery.

LSH Social Work Team:

Terry Schrock, Director

IRTC:

Geralyn Ellis

Patty Wagner

Jay Zuehl

Intern, Chelsea Crago

Larson

Kathy Hacker

Elizabeth Lantz, Larson Supervisor

Carol Parsley

Amy Penz

Transitional Care Specialist, Ted Shriver

Department Secretary, Janet Kite

Sincerely,



Robert E. Clover,
Superintendent

Logansport State Hospital Social Worker Month, 185 Years of Experience

By Terry Schrock, Social Services Director

The month of March is Social Worker Month. The national theme for this year is "Social Work Paves the Way for Change" (National Association of Social Workers). Here at Logansport State Hospital, I'm proud to tell you how the department is doing just that.

The department has nine members, that combined, have approximately 185 years of experience. In mental health there has been a progressive movement towards outcome measures and managed care expectations for several years now. This has been a paradigm shift towards improved treatment and care for our patients. The one thing that cannot be measured by any certainty is the value of experience. The LSH Social Services Department is a veteran group that has made my life much easier as director. It doesn't matter what the issue is, I can ask any of these staff members for their opinions to solve problems. Each one of them has a specialized background and we help each other across the service lines. That is what I call excellent continuum of care. Networking is at the heart of what Social Workers believe in. We tap into each other's knowledge base to ensure that the needs of the patients are met.

We recently have been blessed to have our Transition Program join our team. We have been moving towards more of a "Bridges" concept between all of the units, so that patients can move smoothly from the most restrictive environment, to the least restrictive environment. The goal is the optimum continuum of care. A Transition group has been developed on the IRU to prepare patients for the step down process to other SOF's or to the civil side. If it is decided by the Treatment Team that the patient is in need of the Transition Program prior to being placed in the community, they are offered that service as well. They also work on this issue and many others with the patients Gatekeeper on a regular basis.

The Social Services Department has been working together to improve such things as the Medicaid completion process prior to the patient leaving the hospital. Social Security phone calls are now becoming more common while they are here. Having a relationship with the patients and the families, has been and always will be, a priority. When I was in graduate school, a professor told our class that Social Work was a profession "where the rubber meets the road". This group of special people is just that. They have been "paving the way for change" in their active treatment groups as well. I didn't mention any names in particular, because this group does act as a team for the betterment of the patients. I am so proud to be a member of this team. The listing below will identify who these members are and the units that they are assigned to:

Isaac Ray – Geralyn Ellis, 3W, Patty Wagner, 1W and 2W, Jay Zuehl, 2E, and intern, Chelsea Crago.

Larson – Kathy Hacker, 2N, Elizabeth Lantz, Larson Supervisor, and Terry Schrock, Social Services Director, both 1N, Carol Parsley, 2S, and Amy Penz, 1S.

Transitional Care Specialist – Ted Shriver; Janet Kite – Department Secretary.

Social Work Month

The Medical Director's Office, along with the Medical Staff of Logansport State Hospital would like to express gratitude to the Director of the Social Service Department, Mr. Terry Schrock, his staff of Social Service Specialists, and the Department Secretary, Janet Kite, in honor of 'Professional Social Work Month.'

The National Association of Social Workers will celebrate its 60th anniversary this year.

Positive social change is never complete; it's a work in progress . We are proud of the Social Work staff and appreciate all they do to assist in navigating the paths to recovery for our patients.



"The best feeling you can have is to give to others"

Danny Meadows, MD
Carolyn Murray
Medical Staff

LSH Wellness Initiative Committee Communication

March is Foot Health Month



Taking Care of your feet is an important part of taking care of your health.

Foot Health Facts from the National Institute on Aging (NIH);

Each step you take involves a complex network of bones, muscles, tendons, and ligaments. This, combined with all of the weight they carry, explains why feet can have problems. To keep your feet healthy

- Examine your feet regularly
- Wear comfortable shoes that fit
- Wash your feet daily with soap and lukewarm water
- Trim your toenails straight across and not too short

Your foot health can be a clue to your overall health. For example, joint stiffness could mean arthritis. Tingling or numbness could be a sign of diabetes. Swelling might indicate kidney disease, heart disease, or high blood pressure.

Good foot care and regular foot checks are an important part of your health care. If you have foot problems, be sure to talk to your doctor.

(<http://www.nlm.nih.gov/medlineplus/fothealth.html>)

Take Care of you Feet and Wear Correctly Fitting Shoes



Shoe Fit Tips from The American Orthopaedic Foot & Ankle Society (AOFAS) with the American Academy of Orthopaedic Surgeons:

The best designed shoes in the world will not do their job if they do not fit properly. You can avoid foot problems by finding a shoe store that employs a pedorthist or professional shoe fitter who knows about the different shapes and styles of shoes. Or you can become an informed consumer by following these guidelines:

- Don't go just by size. Have your feet measured.
- Visit the shoe store at the end of a workout when your feet are largest.
- Wear the socks you normally wear when working out.
- Fit the shoe to the largest foot.
- Make sure the shoe provides at least one thumb's breadth of space from the longest toe to the end of the toe box.

- If you have bunions or hammertoes, find a shoe with a wide toe box. You should be able to fully extend your toes when you're standing, and shoes should be comfortable from the moment you put them on. They will not stretch out.
- Women who have big or wide feet should consider buying men's or boys' shoes, which are cut wider for the same length.

(<http://www.aofas.org/footcaremd/how-to/footwear/Pages/Selecting-Athletic-Shoes.aspx>)

National Self-Injury Awareness Month



March 1 - Self-Injury Awareness Day

The orange ribbon of self-harm awareness

http://en.wikipedia.org/wiki/Self-injury_Awareness_Day

According to Wikipedia, Self-injury Awareness Day (SIAD) is an annual global awareness event campaign on March 1, during which some people choose to be more open about their own [self-harm](#), and awareness organizations make special efforts to raise awareness about self-harm and self-injury. Some people wear an [orange awareness ribbon](#), write "LOVE" on their arms, draw a butterfly on their wrists in awareness of "the Butterfly Project" (see [What is the Butterfly Project](#) Below), or wear a [wristband](#) or beaded bracelet to encourage awareness of self-harm. The goal observing SIAD is to break down the common stereotypes surrounding self-harm and to educate medical professionals about the condition.

(http://en.wikipedia.org/wiki/Self-injury_Awareness_Day)

What is the Butterfly Project?

According to RecoverYourLife: a Self-Harm Support Community on the internet, The Butterfly Project has been created for self-harmers who feel they are ready to stop and need the motivation or support to do so. . .

The idea is simple. The self-harmer simply draws a butterfly on their place(s) of self-harm and, if the butterfly fades without them self-harming, it means it has lived and flown away, giving them a sense of achievement. Whereas if they do self-harm with the butterfly there; they will have to wash it off. If that does happen, they can start again by drawing a new one on.

Other ideas that people have used include making the butterfly last longer by starting with a caterpillar, when that washes off drawing a cocoon, and then a butterfly! Temporary tattoos could also be used, not just butterflies, but hearts, stars, and tribal designs for the boys and more. People could also write the names of their friends and family, so that when they feel the need to injure, they see the reminder that they are trying to stop not just for their loved ones, but for themselves. People also tried using song lyrics or quotes.

(<http://www.recoveryourlife.com/index.php?categoryid=148>)

Temporary tattoos could also be used, not just butterflies, but hearts, stars, and tribal designs for the boys and more. People could also write the names of their friends and family, so that when they feel the need to injure, they see the reminder that they are trying to stop not just for their loved ones, but for themselves. People also tried using song lyrics or quotes.

(<http://www.recoveryourlife.com/index.php?categoryid=148>)



The Butterfly Project

The rules:

1. When you feel like you want to cut, take a marker, pen, or sharpies and draw a butterfly
2. Name the butterfly after a loved one, or someone that really wants you to get better.
3. You must let the butterfly fade naturally. NO scrubbing it off.
4. If you cut before the butterfly is gone, you've killed it. If you don't cut, it lives.
5. If you have more than one butterfly, cutting kills all of them.
6. Another person may draw them on you. These butterflies are extra special.
7. Even if you don't cut, feel free to draw a butterfly anyways, to show your support.

self-harm-problems



Sincerely,

LSH Wellness Committee Members

Cynthia Bruce, Adaline Cunningham, Becky Dutton, Juanita Jackson,
Michael Jefferson, Rena Magers, Darrin Monroe, Sarah Rutschmann,
and Kathy Pallee

FRESH FEATURE

GETTING MOTIVATED: 5 TIPS



The sun is shining. A breeze is blowing. Birds are singing. You long to break away from your desk and bask in the sun. Instead, you're staring down hundreds of e-mails, mountains of work, and the phone is ringing off the hook. With all the "urgent" work you have to tackle, you still can't find the motivation to jump in and get rolling.

Let's face it. We all go through downtime once in a while. If you came in to work every single day, year after year with high energy and exploding optimism, you'd be ... well ... superhuman. It's a fact of life daily routine and hectic schedules get the best of us sometimes. If you're going through a funk - don't despair. Check out a few of these quick tips and you'll be back to yourself in no time!

1. Change up your work environment. You don't have to paint the walls and bring in couches to breathe life into your space. Add a plant, a new picture, a new pencil holder. Reorganize your desk layout. A simple change could be just what you need to feel new ... recharged ... and energized.

2. Begin with the end in mind. If you're in the midst of a repetitive or routine project, it's easy to get pulled under by the ho-hum monotony. Before you start your day, remember why you are doing this project. Ask yourself, what's the big picture? How will this project help me and my organization succeed? Then jump in.

3. Join teams, organizations, and associations in your organization. Starting a new project or team gives you a break from your daily routine. It gives you new perspective and more energy.

4. Schedule breaks. If you don't already have a set break schedule, make one. Getting up from your space every few hours will do wonders for your mind. If you have a set schedule, see if you can change it up or swap with someone else. A change of pace is enough to break from the cycle that's keeping you down.

5. Plan a reward for yourself or your team. Nothing helps supercharge a team or person faster than a fun reward for a job well done. Go out to eat in celebration of your achievement. Take in a new movie. Have everyone bring in a treat to share.

National Seminars

Elopement Drill - Improvements

2015

THANK YOU to all staff who were involved in our Emergency Drill (Elopement) on February 4th. Your efforts in assuring that all procedures were followed made this event run smoothly. Emergency/Disaster drills assist us in improving our processes.



REVIEW THE FOLLOWING:

- Communication Center staff will give specific instructions via the radio and phone system regarding emergency events, such as "Code E, call in with patient head count". **It is important to listen to specific instructions** given by the Communication Center. These instructions will vary depending on the event.
- Nurse Supervisors in charge (DON/ADON/Nurse Supervisor) are to report to the Communication Center to assist with managing the event and to complete assigned tasks on the checklist.
- For an elopement, staff who physically have patients with them in an activity out of the building (off the Service Line) should call the Communication Center with the patient head count and stay where they are (Shelter in Place) until the "all clear" is given.
- If the patient has dropped clothing or personal articles, a staff person should be assigned to ensure these items are not touched (Secure the Scene).
- Maintenance staff will be notified of the event via the Maintenance radio channel.

**SAFETY
IS EVERYBODY'S
RESPONSIBILITY!**

New Staff, Separation from LSH & Classification Changes

Please introduce yourself and welcome new Staff at Logansport State Hospital.

New Staff:

Kristina J. Atyeo - SAT-L2N-Eve
Ashley A. Carithers - SAT-L1N-Eve
Troy A. McKee - SAT-IR1W-Eve
Cody A. Ramer - SAT-IR3W-Eve

Classification Changes:

Stacey Black - Charge Nurse

CORNHOLE

Logansport State Hospital's very own Dr. Chad Davis plays Cornhole every year; he and his Cornhole partner currently placed sixth out of sixty four teams.

Dr. Davis mentioned, "This is my third year competing in the event and I move up about two spots each year. My partner is out of Walton, IN. and his name is Ben Dehaven. We finished 6th out of 64 teams. There were many nationally ranked professional teams playing, including the current World Champion who resides in Chicago, Ill. This event is held every February as a fundraiser for Ivy Tech in Kokomo, Ind."

Congratulations Dr. Davis.

Arts-'n-facts

Longcliff Museum Art-'n-facts 1960's
Local Pharmacist- Patent

A local pharmacist, Bern Grubb, who is in his 89th year, has been granted a patent by the U.S. government for an emergency patient supporting device.

This remarkable gentleman, who was on the Longcliff staff for a number of years after reaching the normal retirement age, decided that something was needed to eliminate the jostling of accident patients from the time they are lifted on a litter at the accident scene until they reach an operating table at a hospital.

Consequently, he has invented a combination litter, cot, and table made of low cost materials and light in weight. It is equipped with folding legs containing casters, has handles for easier carrying, and even has bars to hold intravenous feeding solution bottles. The invention is being exploited nationally by a patent broker and is listed by the Small Business Administration, a federal agency.

Logansport Pharos-Tribune (March 22, 1965)



**G
O
T
C
H
A**

Sneaky



Snaps!



**G
O
T
C
H
A**



Photo taken by Jaime Blanton

Brother and Sister caught in the act: David Barron (L) and Tammy Gochenour (R) demonstrate life saving skills during a CPR renewal course.

Be on the lookout for Darrin and his camera. You may be the next person caught in the act.

Who's Next?

Culinary Corner

Good-For-You Stuffed Peppers/Gluten Free



Servings: 2 pepper halves each – serves 6
Bake Time: 45 minutes
Stand time: 5 minutes

“Revive an old fashion recipe with new-fashioned sensibilities”

What you'll need

½ cup uncooked instant brown rice
1 pound 90% extra lean ground beef
3 cups Prego Heart Smart Traditional Italian Sauce
6 medium green bell peppers
1 cup shredded fat free mozzarella cheese (about 4 ounces)

How to make it

1. Cook the rice without salt or butter according to the package instructions
2. Cook the beef in a 10 inch skillet over medium-high heat until it's well browned, stirring often to break up the meat. Pour off any fat. Stir in 2 cups of the sauce and the rice in the skillet.
3. Cut each pepper in half lengthwise. Discard the seeds and white membranes. Place the pepper shells in a 17x11 inch roasting pan.
4. Spoon the beef mixture into the pepper shells. Pour the remaining sauce over the filled peppers. Cover the dish.
5. Bake at 400 F. for 45 minutes or until the peppers are tender. Top with the cheese, let stand for 5 minutes or until cheese has melted.

www.campbellskitchen.com/recipes/good-for-you-stuffed-peppers-50159?fm=recip...

Who Am I?

Can you guess who is behind the 🤖 congratulating Pam Hunt for her twenty-five years of service, pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by April 9, 2015.

Employees with correct answers will have their names put into a drawing, sponsored by the Morale Boosters, for a chance to win a free one dollar certificate from McDonald's.

**Winner Will Be Announced
In The Next Spectrum.**



L-R: David Graham and John Carson



Congratulations to Sarah Rutschmann for guessing David Graham and John Carson on the JLG Lift pictured as the last "Who Am I?"

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.